

Baked Yellow Squash

Our ancestors likely once roasted whole or halved squash in the ashes of the cooking fire. Today, we slice and bake them without the fire. A potato peeler will remove the skin off if desired. They can be baked with the skin on, though some varieties do have a tougher skin. A little butter, and some gluten free bacon bits bring out the flavor and texture. As one of the first fruits of the garden, they are most delicious when first picked. There may be only moments between garden, a warm bath, and into the oven for a yellow squash.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits

- Butter

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon.

Pan: 1.5 quart round oven safe pan with lid

Ingredients:**Meat:**

Optional:
Bacon bits

Vegetables:
1 squash

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice 1 yellow squash.
2. Place in 1.5 quart oven safe pan:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
1 sliced squash
Enough water to almost cover squash
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to 1 hour

Servings: 1 to 2. Varies based on size of squash.

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.